

# Individual Action Plan Help Guide



## Nutrition

# Wellness Assessment + 10 phases over 10 weeks + 50 planner entries = **Gold**

## Flexible to meet you where you are

Since the Healthy Incentives<sup>SM</sup> Program began, employees have improved their health in 12 out of 14 areas and the county has spent \$18 million less than expected on health care costs. Clearly, a lot of us are working hard to improve our health and maintain healthy habits. The WebMD planners are designed to meet you where you are. The most advanced exerciser can build a challenging program or the daily walker can keep you on track.



## Evidence based approach

The format of the WebMD Individual Action Plans is based on the best scientific research about how healthy behaviors are created and maintained. Following this format of learning about fitness, nutrition and stress management and then tracking your activity in each of these areas will put you on the road to good health.

## Format



### 10 Phases:

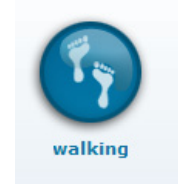
Phases are educational readings in the area you have chosen to focus (exercise, nutrition, stress management or weight management). The program paces you by allowing you to complete only one phase per week. To finish by the June 30, 2010 deadline you need to start by April 20, 2010.

**7 Steps per phase:** To make the educational readings easily digestible, each phase is broken down into 7 **steps**, which are like pages. The final step is a quick knowledge retention quiz. Depending on how fast you read, it takes 5 to 10 minutes to complete all 7 steps in a phase.

**50 Planner entries:** In addition to the reading, you will also track your activity in a planner. You get credit for each entry you make and 50 entries fulfill the requirements of the program. After you have set up the planner, it takes only seconds to make an entry.

**Optional journaling:** If you choose, you can use the optional journaling feature to keep track of your successes and challenges along the road to gold. But, journaling is not a requirement for earning gold.

## Planners



You can use any one planner or combination of planners to complete your individual action plan, but each WebMD Lifestyle Improvement Program is automatically associated with a specific planner as shown below:

- Exercise Lifestyle Improvement Program – Walking OR Exercise
- Weight Management Lifestyle Improvement Program – Nutrition AND Exercise
- Stress Management Lifestyle Improvement Program – Stress Management
- Nutrition Lifestyle Improvement Program – Nutrition

You can enter several days of activity at a time. You can enter activity you have done in the past, but not activity you are planning to do in the future. You get credit for each entry you make. For example, if you enroll in the Weight Management Program, you get one credit for an entry in the exercise planner and one credit for an entry in the nutrition planner for a total of two

Your personal home page

**1. To confirm your individual action plan selection use the link at the top of the page or in the left navigation bar.**

**2. To go to your individual action plan use the link in the left hand navigation bar.**

Home Health Topics Living Healthy King County Links

**My Message Center**  
You have 1 new message!

**Step 1 - Take the WAQ**  
Wellness Assessment Questionnaire

**Step 2 - After you Complete your WAQ then Complete an Action Plan**

**My Individual Action Plan Confirmation**

Jump to:  
Exercise Program  
Nutrition Program  
Stress Mgmt Program  
Weight Mgmt Program

**Step 3 - Healthy Incentive Rewards**  
What is my Benefit Status?

**My Records and Information**  
Health Topics  
WebMD Symptom Checker  
Health Management Centers  
Health Record  
Health Trackers  
Calendar

**WebMD Newsletters**  
Receive a Free WebMD Email Newsletter

**News**

You're almost there.  
Get rewarded for better health.

Now that you've completed the Wellness Assessment, just finish your Individual Action Plan by June 30, 2010, and you'll earn the gold out-of-pocket expense level for 2011. Check the [Rewards Page](#) to view your status.

[Go to my Individual Action Plan from WebMD now.](#)

Welcome, stageuattestf06!

## My Health Guide

Recommendations based on your health profile:

### Getting Started

- Swine Flu (CDC)
- Go To Health Record
- Take or Update the Women's Health Assessment
- Message Center
- Swine Flu FAQ

### News For You

[Food Recall Hits Big Chain Stores](#)

Listeria contamination has led Parkers Farm Inc. to recall peanut butter, cheese, salsa, and other foods from a long list of major food retailers.

### Recently Visited Pages

- WebMD Lifestyle Improvement Program: Nutrition
- Lifestyle Improvement Programs
- Wellness Assessment Questionnaire

### Topics of Interest

- Add Interests

### Coaching

A WebMD Health Coach health goals or offer su action plans. If you wo expertise of a health c 1-866-584-6813.

### Rewards

What is your Healthy I

Check the [Healthy Ince](#) next steps and verify t towards your out-of-p

### In Focus - WebMD®

### New Mammogram S

The U.S. Preventive S that women who aren' getting mammograms ; previously recommend the new mammogram ;

- [See Full Article](#)



## Lifestyle Improvement Programs: Home

Learn more about making better choices for a healthier future. The readings and planners provide practical information

 [Secure Messages](#) (1 new)  [Rewards](#) [check status](#)

- ☒ Lifestyle Programs Home
- ☐ Exercise Overview
- ☐ Nutrition Overview
- ☐ Stress Management Overview
- ☐ Weight Management Overview

### Your Planners



### Next Steps

stagedattestf06, find links below to the next readings for your selected Lifestyle Improvement Program.

◆ [Nutrition: Phase 1, Step 1](#)

### More Lifestyle Improvement Programs

The programs below offer practical information and tools for improved health and a healthier lifestyle. Consider if any might be right for you.

◆ [Stress Management](#)  
◆ [Weight Management](#)  
◆ [Exercise](#)

### Commit to Health

Increased public awareness and positive individual actions with regards to tobacco use, lack of exercise, poor nutrition, stress, weight problems, and mood have resulted in a significant reduction in heart disease and cancer rates over the last 10 years. You can be a part of this trend, too. Make the commitment to lifestyle improvements today. All of the Lifestyle Improvement Programs contain valuable information in a simple step-wise format to help you achieve the results you desire!

## Lifestyle Improvement Program home page

**1. Get to your Nutrition Phase by clicking on the “Next Steps” link from the Lifestyle Improvement Program home page.**

**2. To change your individual action plan selection or set up another planner select from the “More Lifestyle Improvement Programs” links.**

### Act Now to Reduce Your Risks

The Centers for Disease Control and Prevention include smoking, lack of exercise, poor nutrition, stress, overweight, and depression at the top of the list for risk factors that cause major chronic diseases, such as heart disease, diabetes, and cancer. Act now to stay healthy. Reduce these risks with the Lifestyle Improvement Programs.

[settings](#) | [log out](#)

[Home](#)
[Health Topics ▼](#)
[Living Healthy ▼](#)
[King County Links ▼](#)

**Lifestyle Improvement Program**  
**Nutrition**  
 Learn more about making better choices for a healthier future. The readings and planners provide practical information and useful tips and tools for improving your health and well-being.

[Secure Messages \(1 new\)](#)
[Rewards check status](#)

Lifestyle Programs  
 Home

Nutrition Readings
 

- Phase 1: Nutrition Basics
- Phase 2: Food Pyramid
- Phase 3: Nutrition Label
- Phase 4: A Healthy Diet
- Phase 5: Nutritional Needs
- Phase 6: Disease Prevention
- Phase 7: Meal Planning
- Phase 8: Weight Loss
- Phase 9: Special Issues
- Phase 10: Keeping It Fresh
- Program Evaluation
- Program Resources

**Meal Planner**

Journal Archive

**Phase 1: The Basics of Good Nutrition**

[Step 1](#)
[Step 2](#)
[Step 3](#)
[Step 4](#)
[Step 5](#)
[Step 6](#)
[Step 7](#)
[Review](#)

### Step 1: Basics of eating well

This program is set up to guide you while you're creating a better eating plan. Here you'll find up-to-date information and practical techniques. And as you go through the readings, you'll find Journaling Activities to help you think about your progress, and you'll find handy reminders in the Thought section of each step. You'll also find links to your Meal Planner, where you'll find a daily meal plan designed for you.

**Why we eat**

We eat for many reasons. An ice cream cone cools you off on a hot day and satisfies a sweet tooth. Sitting down to dinner with friends or family gives you a chance to relax and be social. Certain foods may provide comfort when you are stressed.

The most important reason we eat is to provide our bodies with the calories and nutrients that we need to function properly. The saying "You are what you eat" is true: The food that you take into your body provides the nutrients that really do become part of your body. That's why eating a consistently healthy diet is such a powerful tool for improving and maintaining good health!

**Elements of a nutritious diet**

A nutritious diet will give your body the basic substances that it needs to thrive. These are:

- Carbohydrates
- Fats
- Protein
- Vitamins and minerals
- Water

Carbohydrates, fats, and protein are three main sources of energy for your body. Carbohydrates provide quick energy. Fats and proteins supply long-lasting energy as well as vitamins and other building blocks for healthy cells.

Vitamins and minerals help your body to function properly. They keep your skin and eyes healthy (vitamin A, B vitamins); help you stop bleeding when you get a cut (vitamin K); and help your bones and teeth stay strong (vitamin D). Minerals include calcium for your bones and teeth; iron to help your blood carry oxygen around your body; and potassium to help your muscles work.

Water helps carry nutrients to your cells and waste products away. It lubricates body parts like your eyes and joints, and plays other crucial roles.

**Thought**

Later in this phase, you will learn why it is important to keep track of what you eat and drink. For now, make sure you follow the meal plan in your Meal Planner and update it by entering all the foods and drinks you consume every day. This will help you start thinking about healthy changes. You may be surprised by what you find out about your food choices.

**For today...**

- Click the **'Meal Planner'** navigation button. Follow today's meal plans that are provided for you in your Meal Planner. These plans are nutritionally balanced and were based on the preferences you entered when you set up the program. You can also edit the planner to reflect any changes you make to your daily eating plan.

**3.**

Journaling Activity

Review the foods you ate today with the following questions in mind. Write your answers in the journal entry window:

- Did you eat any whole grains, such as whole-wheat bread, whole-grain cereal, or rice?
- Did you eat any fruits or vegetables?
- Did you eat any nuts or seeds throughout the day?
- Did you have any thoughts, or concerns occur to you as you reviewed your eating habits?

[LAUNCH JOURNAL](#)

[GO TO NEXT STEP](#)

## Completing Phases and Steps

**To complete your individual action plan, you need to do 10 Phases over 10 weeks.**



**1. Each Phase includes 7 readings and a review. You can only advance 1 Phase per week.**

**2. Each Step is a brief, informative reading with a review at the end.**

**3. Journaling is optional if you want to keep track of your successes and challenges along the way.**


**4. The links on the left give you quick access to your Planner at anytime.**

**5. Advance to the next step by clicking the "Go to the next Step" button.**

[Home](#)
[Health Topics](#)
[Living Healthy](#)
[King County Links](#)

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[log out](#)



### Lifestyle Improvement Program Nutrition

Learn more about making better choices for a healthier future. The readings and planners provide practical information and useful tips and tools for improving your health and well-being.

[Secure Messages \(1 new\)](#)
[Rewards check status](#)

[Lifestyle Programs Home](#)
[Nutrition Readings](#)

- Phase 1: Nutrition Basics
- Phase 2: Food Pyramid Label
- Phase 4: A Healthy Diet
- Phase 5: Nutritional Needs
- Phase 6: Disease Prevention
- Phase 7: Meal Planning
- Phase 8: Weight Loss
- Phase 9: Special Issues
- Phase 10: Keeping it Fresh
- Program Evaluation
- Program Resources

[Meal Planner](#)
[Journal Archive](#)

#### Phase 1: The Basics of Good Nutrition

[Step 1](#)
[Step 2](#)
[Step 3](#)
[Step 4](#)
[Step 5](#)
[Step 6](#)
[Step 7](#)
[Review](#)

[Print Readings](#)

- A nutritious diet will give your body the basic substances that it needs. Three of these substances are:

  - ☐ Carbohydrates
  - ☐ Protein
  - ☐ Alcohol
  - ☐ Water
  - ☐ dairy
- What are 3 general guidelines for assembling a healthy diet?

  - ☐ Choose nutrient-rich foods
  - ☐ Practice moderation
  - ☐ Eat as much sugar and fat as you want
  - ☐ Go for variety
- What do the letters in S.M.A.R.T stand for? (Select all that apply.)

  - ☐ Specific
  - ☐ Measurable
  - ☐ Action-oriented
  - ☐ Really easy
  - ☐ Timed
- Select the 2 types of food that research has linked to lower risks of cancers of the mouth, stomach, colon, and other locations.

  - ☐ fruits
  - ☐ Vegetables
  - ☐ Alcohol
  - ☐ Water
  - ☐ dairy
- During Phase 1, how many days were you able to follow the meal plans provided for you in your Meal Planner?

☐ 0-1 days  
☐ 2-3 days  
☐ 4-5 days  
☐ 6-7 days
- During Phase 1, for how many steps were you able to follow the "For today..." suggestions in the readings?

☐ 0-1 steps  
☐ 2-3 steps  
☐ 4-5 steps  
☐ 6-7 steps
- During Phase 1, for how many steps were you able to complete the Journaling Activity?

☐ 0-1 steps  
☐ 2-3 steps  
☐ 4-5 steps  
☐ 6-7 steps
- In Phase 1 of the Nutrition program, you were asked to set a long-term goal for improving your nutrition. How much progress do you feel you've made toward achieving that long-term goal so far?

☐ I have made little to no progress toward achieving my long-term goal.  
☐ I have made some progress toward achieving my long-term goal.  
☐ I am about halfway toward achieving my long-term goal.  
☐ I have made significant progress and am close to achieving my long-term goal.  
☐ I have achieved my long-term goal.

Click "submit" to continue.

## The Review

1. After reading the 7 Steps, you can quiz yourself on what you've learned.

2. The Review is a multiple-choice quiz based on the information you've read in the 7 Steps.

3. After answering all of the questions, click the "submit" button to see how you did and complete the Phase.

You don't have to get the answers correct in order to move forward, and it does not impact your gold status in any way.





- Lifestyle Programs Home
- Nutrition Readings
  - Phase 1: Nutrition Basics
  - Phase 2: Food Pyramid
  - Phase 3: Nutrition Labels
  - Phase 4: A Healthy Diet
  - Phase 5: Nutritional Needs
  - Phase 6: Disease Prevention
  - Phase 7: Meal Planning
  - Phase 8: Weight Loss
  - Phase 9: Special Issues
  - Phase 10: Keeping It Fresh
  - Program Evaluation
  - Program Resources
- Exercise Planner
- Meal Planner
- Journal Archive

## Phase 1: The Basics of Good Nutrition

Step 1 Step 2 Step 3 Step 4 Step 5 Step 6 Step 7 Review

PRINT READING

you answered 2 out of 4 questions correctly. Review your answers below to reinforce what you've learned.

- ☐ A nutritious diet will give your body the basic substances that it needs. Three of these substances are:

Your answers: Protein, Water, dairy  
Correct answers: Carbohydrates, Protein, Water

Dairy foods are a good source of important nutrients, but they're not considered a basic substance. Make sure you get the right combination of all the basic substances: carbohydrates, protein, fats, water, and fiber.
- ☒ What are 3 general guidelines for assembling a healthy diet?

Your answers: Choose nutrient-rich foods, Practice moderation, Go for variety  
Correct answers: Choose nutrient-rich foods, Practice moderation, Go for variety

Getting the nutrition you need, within a healthy calorie range for you, can be done by eating foods dense with nutrients and eating treats in moderation. Some fat is healthy, and a little sugar from time to time can keep your diet interesting, but don't go overboard on either.
- ☐ What do the letters in S.M.A.R.T stand for? (Select all that apply.)

Your answers: Specific, Measurable, Action-oriented, Really easy, Timed  
Correct answers: Specific, Measurable, Action-oriented, Timed

S.M.A.R.T stands for specific, measurable, action-oriented, realistic, and timed. Experts on lifestyle improvement recommend that you follow these guidelines when setting goals.
- ☒ Select the 2 types of food that research has linked to lower risks of cancers of the mouth, stomach, colon, and other locations.

Your answers: fruits, Vegetables  
Correct answers: fruits, Vegetables

While water and dairy foods are important to a healthy diet, fruits and vegetables are known to lower the risk of various cancers. On the other hand, eating a lot of salted and cured meats is linked with a higher risk of stomach cancer. And too much dietary fat may raise your risk of cancer of the breast, colon, or prostate.
- ☐ During Phase 1, how many days were you able to follow the meal plans provided for you in your Meal Planner?

Your answer: 4-5 days
- ☐ During Phase 1, for how many steps were you able to follow the "For today..." suggestions in the readings?

Your answer: 6-7 steps
- ☐ During Phase 1, for how many steps were you able to complete the Journaling Activity?

Your answer: 0-1 steps
- ☐ In Phase 1 of the Nutrition program, you were asked to set a long-term goal for improving your nutrition. How much progress do you feel you've made toward achieving that long-term goal so far?

Your answer: I have made some progress toward achieving my long-term goal.

GO TO NEXT PHASE

Congratulations!

**You have completed Phase 1 of 10.**

**1. The correct answers are here to reinforce what you read in the Steps.**

**2. Click this button to continue on to the next Phase.**

**Remember:**

- 1 Phase = 7 Steps and 1 Review.
- Only 1 Phase per week.
- You must complete all 10 Phases by June 30, 2010.
- You must complete 50 Planner entries by June 30, 2010.



# Accessing your Planner





## Getting to your Planner

**1. Quickly jump to your individual action from the left navigation bar.**

Home

Health Topics ▾

Living Healthy ▾

King County Links ▾

My Message Center

You have 1 new message!

Step 1 - Take the WAQ

Wellness Assessment Questionnaire

Step 2 - After you Complete your WAQ then Complete an Action Plan

My Individual Action Plan Confirmation

Jump To:

Exercise Program

Nutrition Program

Stress Mgmt Program

Weight Mgmt Program

Step 3 - Healthy Incentive Rewards

What is my Benefit Status?

My Records and Information

Health Topics

WebMD Symptom Checker

Health Management Centers

Health Record

Health Trackers

Calendar

WebMD Newsletters

Receive a Free WebMD Email Newsletter

News

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[Go to my Individual Action Plan from WebMD now.](#)

Welcome, stageuattestf06!

My Health Guide

Recommendations based on your health profile:

Getting Started

[Swine Flu \(CDC\)](#)
[Go To Health Record](#)
[Take or Update the Women's Health Assessment](#)
[Message Center](#)
[Swine Flu FAQ](#)

News For You

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Recently Visited Pages

[WebMD Lifestyle Improvement Program: Nutrition](#)
[Lifestyle Improvement Programs](#)
[Wellness Assessment Questionnaire](#)

Topics of Interest

[Add Interests](#)

Coaching

A WebMD Health Coach health goals or offer su action plans. If you wo expertise of a health c 1-866-584-6813.

Rewards

What is your Healthy I

Check the [Healthy Ince](#) next steps and verify t towards your out-of-p

In Focus - WebMD®

New Mammogram S

The U.S. Preventive S that women who aren' getting mammograms ; previously recommend the new mammogram ;

[See Full Article](#)

1.



[Home](#) [Health Topics ▼](#) [Living Healthy ▼](#) [King County Links ▼](#)



### Lifestyle Improvement Programs: Home

Learn more about making better choices for a healthier future. The readings and planners provide practical information.

 [Secure Messages](#) [\(1 new\)](#)  [Rewards](#) [check status](#)

☒ Lifestyle Programs Home

☐ Exercise Overview

☐ Nutrition Overview

☐ Stress Management Overview

☐ Weight Management Overview

**Your Planners**

1. 

**Next Steps**

stageuattestf06, find links below to the next readings for your selected Lifestyle Improvement Program.

[Nutrition: Phase 1, Step 1](#)

**More Lifestyle Improvement Programs**

The programs below offer practical information and tools for improved health and a healthier lifestyle. Consider if any might be right for you.

[Stress Management](#)

[Weight Management](#)

[Exercise](#)

2.

**Commit to Health**

Increased public awareness and positive individual actions with regards to tobacco use, lack of exercise, poor nutrition, stress, weight problems, and mood have resulted in a significant reduction in heart disease and cancer rates over the last 10 years. You can be a part of this trend, too. Make the commitment to lifestyle improvements today. All of the Lifestyle Improvement Programs contain valuable information in a simple step-wise format to help you achieve the results you desire!

## Getting to your Planner

**1. Get to your Planner by selecting the icons in the box labeled “Your Planners”.**

**2. You can also choose another Planner from “More Lifestyle Improvement Programs”.**

**Each entry you make in a planner counts toward the 50 entries required for completion.**

**For example, if you make one entry in the exercise planner and one in the meal planner, it will count as two entries toward your goal of 50.**

**The next sections of this Individual Action Plan Guide will walk you through the set-up and use of the Meal Planner.**



## Setting up an Meal Planner



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[Health Topics](#)
[Living Healthy](#)
[King County Links](#)

[Lifestyle Programs Home](#)
[Nutrition Readings](#)
[Meal Planner](#)
[Journal Archive](#)

### Meal Planner

Your Meal Planner provides a list of healthy meals for you today. These foods will provide the right amount of calories and nutrients to help you reach your goals. If the Planner doesn't list the foods you actually eat today, enter them into your Planner.

[Daily Meal Planner](#)
[Weekly Activity](#)

Breakfast

add item

replace meal

<input checked="" type="checkbox"/> grapefruit, 1/2 medium	☆	41	1	10	0	0
<input checked="" type="checkbox"/> water	☆	0	0	0	0	0
<input checked="" type="checkbox"/> coffee, brewed, 1 cup	☆	2	0	0	0	0
<input checked="" type="checkbox"/> Cheese Omelet	★	325	-	-	-	-

Lunch

add item

replace meal

<input checked="" type="checkbox"/> green tea, 1 cup	☆	1	0	0	0	0
<input checked="" type="checkbox"/> chicken salad in whole wheat pita w/ lettuce and tomato	☆	463	2	20	23	42
<input checked="" type="checkbox"/> chicken, canned, 3 oz		283	0	1	12	38
<input checked="" type="checkbox"/> lettuce, romaine, 1 outer leaf		5	0	0	0	0
<input checked="" type="checkbox"/> mayonnaise, light, 2 Tbsp		97	0	2	9	0
<input checked="" type="checkbox"/> pita, wheat, small, 1		74	2	15	0	2
<input checked="" type="checkbox"/> tomato, medium slice, 1		4	0	0	0	0

Dinner

add item

replace meal

Side						
baked potato w/ margarine and sour cream		248	3	37	9	5

[SAVE](#)
[CANCEL](#)

Snack

add item

replace meal

<input checked="" type="checkbox"/> yogurt w/ blueberries	☆	297	3	64	0	11
<input checked="" type="checkbox"/> fruit yogurt, 1 cup		213	0	43	0	9
<input checked="" type="checkbox"/> blueberries, 1 cup		84	3	21	0	1

Today's Numbers:

1482

11

100

38

77

Today's Goals:

1981-2181

25-35

182-338

46-81

52-182

Next Steps

stageuattestf06, don't forget to...

- Read the next step in Nutrition: Phase 1, Step 2
- View your past journal entries

Planner Info

- Review setup
- What is a serving?
- Print out this week's grocery list

Your daily Meal Planner continued

**1. You can add a food item or entrée from a drop-down menu.**

**Once you have what you want, click save.**

**Or click cancel if you don't want the entry shown.**



- Lifestyle Programs Home
- Nutrition Readings
- Meal Planner
- Journal Archive

**Meal Planner**  
Your Meal Planner provides a list of healthy meals for you today. These foods will provide the right amount of calories and nutrients to help you reach your goals. If the Planner doesn't list the foods you actually eat today, enter them into your Planner.

**1.** **2.** [PRINT THIS WEEK'S GROCERY LIST](#)

Breakfast	Calories	Fiber	Carbs.	Fat	Protein
Custom Food Item					
Add a new custom food	325				
<b>Lunch</b>					
green tea, 1 cup	1	0	0	0	0
chicken salad in whole wheat pita w/ lettuce and tomato	463	2	20	23	42
chicken, canned, 3 oz	263	0	1	12	38
lettuce, romaine, 1 outer leaf	5	0	0	0	0
mayonnaise, light, 2 Tbsp	97	0	2	9	0
pita, wheat, small, 1	74	2	15	0	2
tomato, medium slice, 1	4	0	0	0	0
<b>Dinner</b>					
carrots, steamed, 1 cup	54	4	11	0	0
water	0	0	0	0	0
top sirloin, 3 oz	150	0	0	4	26
salad w/ flaxseeds and oil and vinegar dressing	204	4	8	18	3
lettuce, romaine, 2 cups	16	1	3	0	1
flaxseed, whole, 1 Tbsp	55	2	2	4	1
olive oil, 1 Tbsp	119	0	0	13	0
balsamic vinegar, 1 Tbsp	14	-	2	0	0
potatoes, oven roasted, 1/2 cup	52	1	11	0	1
frozen yogurt, vanilla, 1/2 cup	117	0	17	4	2
<b>Snack</b>					
yogurt w/ blueberries	297	3	64	0	11
fruit yogurt, 1 cup	213	0	43	0	9
blueberries, 1 cup	84	3	21	0	1
<b>Today's Numbers:</b>	<b>1381</b>	<b>14</b>	<b>130</b>	<b>46</b>	<b>81</b>
<b>Today's Goals:</b>	<b>1901-2181</b>	<b>25-35</b>	<b>182-338</b>	<b>46-61</b>	<b>52-102</b>

#### Next Steps

stageuattestf06, don't forget to...

- Read the next step in Nutrition: Phase 1, Step 2
- View your past journal entries

#### Planner Info

- Review setup
- What is a serving?
- Print out this week's grocery list

Your daily Meal Planner continued

**1. To add a food not on the list, choose "Custom Food Item" and type in the item. Find the calories on the packages of the item, or the internet.**

**In only a few minutes, you can completely tailor your daily meal planner.**

**Please note that you will be asked for all the nutritional values, but you are only required to put in the calories.**

**2. You can print a grocery list to help you shop for everything you will need to fix the meals you set up in your planner.**



### Lifestyle Improvement Program

## Meal Planner

Learn more about making better choices for a healthier future. The readings and planners provide practical information and useful tips and tools for improving your health and well-being.

[Secure Messages \(1 new\)](#)
[Rewards check status](#)

[Lifestyle Programs](#)
[Home](#)
[Nutrition Readings](#)
[Meal Planner](#)
[Journal Archive](#)

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[Daily Meal Planner](#)
[Weekly Activity](#)

1.

	Calories	Fiber	Carbs.	Fat	Protein
<b>Breakfast</b>					
<input checked="" type="checkbox"/> grapefruit, 1/2 medium	41	1	10	0	0
<input checked="" type="checkbox"/> water	0	0	0	0	0
<input checked="" type="checkbox"/> coffee, brewed, 1 cup	2	0	0	0	0
<input checked="" type="checkbox"/> cheese Omelet	325	-	-	-	-
<b>Lunch</b>					
<input checked="" type="checkbox"/> green tea, 1 cup	1	0	0	0	0
<input checked="" type="checkbox"/> chicken salad in whole wheat pita w/ lettuce and tomato	463	2	20	23	42
<input checked="" type="checkbox"/> chicken, canned, 3 oz	283	0	1	12	38
<input checked="" type="checkbox"/> lettuce, romaine, 1 outer leaf	5	0	0	0	0
<input checked="" type="checkbox"/> mayonnaise, light, 2 Tbsp	97	0	2	9	0
<input checked="" type="checkbox"/> pita, wheat, small, 1	74	2	15	0	2
<input checked="" type="checkbox"/> tomato, medium slice, 1	4	0	0	0	0
<b>Dinner</b>					
<input checked="" type="checkbox"/> carrots, steamed, 1 cup	54	4	11	0	0
<input checked="" type="checkbox"/> water	0	0	0	0	0
<input checked="" type="checkbox"/> top sirloin, 3 oz	150	0	0	4	26
<input checked="" type="checkbox"/> salad w/ flaxseeds and oil and vinegar dressing	204	4	8	18	3
<input checked="" type="checkbox"/> lettuce, romaine, 2 cups	16	1	3	0	1
<input checked="" type="checkbox"/> flaxseed, whole, 1 Tbsp	55	2	2	4	1
<input checked="" type="checkbox"/> olive oil, 1 Tbsp	119	0	0	13	0
<input checked="" type="checkbox"/> balsamic vinegar, 1 Tbsp	14	-	2	0	0
<input checked="" type="checkbox"/> baked potato w/ margarine and sour cream	248	3	37	9	5
<input checked="" type="checkbox"/> potato, medium, baked, 1	161	3	36	0	4
<input checked="" type="checkbox"/> margarine, Smart Balance, 1 Tbsp	47	0	0	5	0
<input checked="" type="checkbox"/> sour cream, light, 2 Tbsp	40	0	1	3	0
<input checked="" type="checkbox"/> wine, red, 1 glass	125	0	3	0	0
<input checked="" type="checkbox"/> strawberries w/ whipped cream	137	3	12	9	1
<input checked="" type="checkbox"/> strawberries, 1 cup	49	3	11	0	1
<input checked="" type="checkbox"/> whipped cream, 2 Tbsp	88	0	0	9	0
<b>Snack</b>					
<input checked="" type="checkbox"/> apple slices w/ peanut butter	245	4	21	16	8
<input checked="" type="checkbox"/> apples, sliced, 1 cup	57	2	15	0	0
<input checked="" type="checkbox"/> peanut butter, 2 Tbsp	186	1	6	16	8
<input checked="" type="checkbox"/> pretzels, 1 oz	163	2	23	0	3
<b>Today's Numbers:</b>	<b>2043</b>	<b>19</b>	<b>139</b>	<b>71</b>	<b>83</b>
<b>Today's Goals:</b>	<b>1981-2181</b>	<b>25-35</b>	<b>182-238</b>	<b>46-81</b>	<b>22-102</b>

2.

3.

Your daily Meal Planner continued


1. To record an entry, click the box next to the food or meal you ate.

2. You can compare your daily nutritional values to what your goal was.

It is recommended that you complete on Step of the readings at the same time that you record your daily food intake into your Meal Planner.

3. Then go to your next steps and enter your next day's Meal Planner.







**Lifestyle Improvement Program**

## Meal Planner

Learn more about making better choices for a healthier future. The readings and planners provide practical information and useful tips and tools for improving your health and well-being.

 **Secure Messages** ([0 new](#))
  **Rewards** [check status](#)

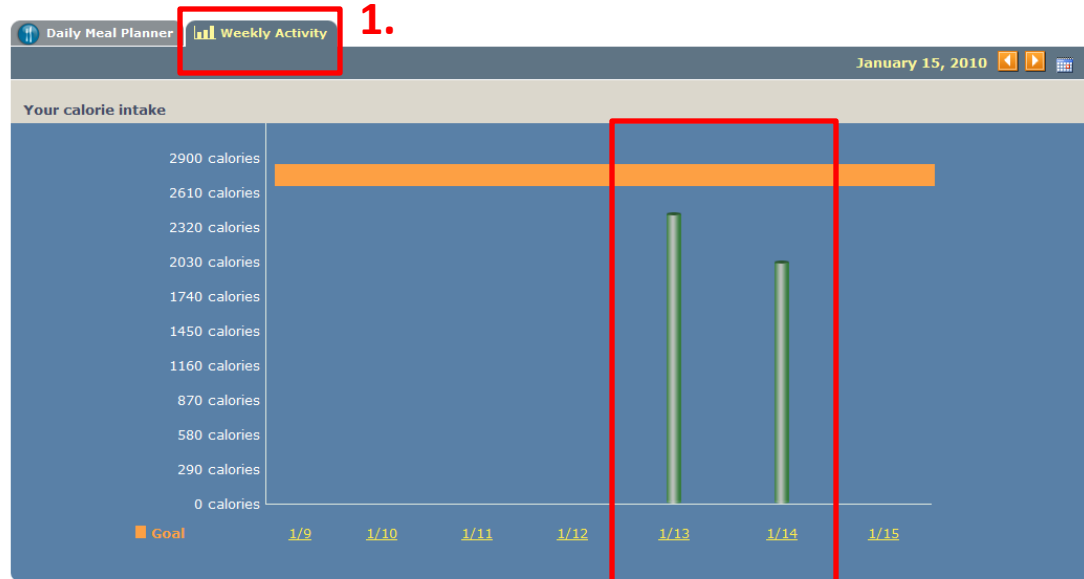
- ☐ Lifestyle Programs Home
- ☐ Exercise Readings
- ☐ Exercise Planner
- ☒ Meal Planner
- ☐ Stress Planner
- ☐ Walking Planner
- ☐ Journal Archive

## Meal Planner

**Your Meal Planner provides a list of healthy meals for you today.**

These foods will provide the right amount of calories and nutrients to help you reach your goals. If the Planner doesn't list the foods you actually eat today, enter them into your Planner.

[PRINT THIS WEEK'S GROCERY LIST](#)



### Next Steps

uat first 03, don't forget to...

- ♦ [Enroll in the full Nutrition Program](#)

### Planner Info

- ♦ [Review setup](#)
- ♦ [What is a serving?](#)
- ♦ [Print out this week's grocery list](#)

## Your Weekly Activity

**1. The Weekly Activity tab lets you track your progress by comparing daily calorie totals from your meals and snacks.**



### *Lifestyle Improvement Program* **Nutrition**

Learn more about making better choices for a healthier future. The readings and planners provide tools for improving your health and well-being.

**Secure Messages** ([1 new](#)) **Rewards** [check status](#)

Congratulations!

**After you've completed all 10 Phases and 50 Planner entries, you will have completed your Individual Action Plan and earned gold.**

**1. Click this button to print a certificate of completion.**

**Lifestyle Programs**  
Home

**Stress Management**  
Readings

**Weight Management**  
Readings

- Phase 1: The Beginning
- Phase 2: Nutrition Basics
- Phase 3: Exercise Basics
- Phase 4: Healthy Strategies
- Phase 5: Workout Knowledge
- Phase 6: Planning for Success
- Phase 7: Mind and Spirit
- Phase 8: Fresh Ideas
- Phase 9: Recruiting Help
- Phase 10: Staying On Track
- Program Evaluation
- Program Resources

## **Congratulations! You've completed the program.**

Even though you have finished this Lifestyle Improvement Program, you can continue to use its features to support your efforts. The readings, journal, and related planner will be available to you at any time. To access them, click '**Lifestyle Programs Home**'.

You have made great strides in improving your health and well-being. In recognition of your achievement, you can print out a Certificate of Completion by clicking '**Print Certificate**'.

**LIFESTYLE PROGRAMS HOME**

**PRINT CERTIFICATE**


**1.**



## Healthy Incentives Rewards Dashboard

Welcome to the King County Healthy Incentives<sup>SM</sup> Rewards Dashboard! This dashboard works through the Healthy Incentives<sup>SM</sup> program requirements. In your current snapshot status, your selected Individual Action Plan, a history of program requirements that have color status and a series of Frequently Asked Questions to help you better understand the program.

Your individual color status reflects your progress to date. In July your "family" color status for the following year, will be mailed to your home. As in years past, your family color status includes you, your spouse or domestic partner if covered by King County benefits.

 **Secure Messages** ([0 new](#))

### Your Rewards Dashboard

**Be sure to check your Rewards Dashboard which records your progress along with the date of completion of the Wellness Assessment and your individual action plan.**

#### Benefit Status **Lifestyle Improvement Program Tracker**

The King County Healthy Incentives<sup>SM</sup> Program rewards you for taking active steps to learn about and improve your health. Healthy Incentives<sup>SM</sup> has three out-of-pocket expense levels that are determined by participation: gold(you pay the least), silver(middle level) and bronze(you pay the most). Your out-of-pocket level is determined by taking the Wellness Assessment and completing an Individual Action Plan. **Taking the Wellness Assessment by Jan. 31, 2010 earns you the silver out of pockets expense level and is the first step toward earning gold.** Following up by **completing an Individual Action plan by June 30th earns you gold status!**

**Please note:** If you have enrolled in the Free and Clear Smoking Cessation program, King County Live Well Challenge or Weight Watchers at Work programs, the Activity History related to those programs is updated incrementally during the program period, with the final program completion results loaded by July 1. If you don't see the individual color status you expected in the Benefit Status program tab, please check back after July 1 for possible updates. If you have any questions about your individual color status or the Healthy Incentives<sup>SM</sup> Rewards Program, please click on the FAQ link below or contact a WebMD Customer Service Representative at **866-584-6813**.



#### [My Action Plans](#)

#### Actions

- ☐ Free and Clear Program Completion
- ☐ King County Live Well Program Completion
- ☐ Weight Watchers at Work Program Completion
- ☒ WAQ Completed
- ☒ WebMD Lifestyle Improvement Program Completion

#### Frequently Asked Questions

- [What is the Healthy Incentives<sup>SM</sup> Program?](#)
- [What is the Healthy Incentives<sup>SM</sup> Dashboard?](#)
- [What is the Free and Clear Smoking Cessation Program?](#)
- [What are the WebMD Lifestyle Improvement Programs?](#)
- [What is the King County Live Well Challenge?](#)
- [What is the Weight Watchers at Work® Program?](#)

#### History

The following list is a record of the activities you have completed, and the Individual Benefit status achieved.

##### Actions completed

11/30/2009	WebMD Lifestyle Improvement Program Completion
11/13/2009	WAQ Completed
11/13/2009	Healthy Incentives Web site Registration

##### Individual Benefit Status

11/13/2009	Bronze . Conf#: 86666663-190000133
11/13/2009	Silver. Conf#: 75421961-190000132
11/30/2009	Gold. Conf#: 84706250-190000550